

**Question:** If I don't live somewhere that has cooking equipment, can I still eat a healthy diet?



**Answer:** Yes! Here are some helpful tips on eating healthy without cooking...

## Food Groups & how much I need each day?

## What foods can I eat to meet my nutritional needs?

### Bread, Cereal Group

Need 6 - 11 servings

Hot instant cereal, mixed with non-fat dry milk, use hot water from the tap to mix together.

Ready-to-eat cereals

Bread, crackers, bagels, dinner rolls

### Vegetables Group

Need 3 - 5 servings

Use raw or canned vegetables. Commercially canned only - these don't need to be heated to eat  
Damaged cans may be dangerous - watch for bulging, oozing, rusting or dents.

### Fruit Group

Need 2 - 4 servings

Use dried, canned or fresh fruits

Individual servings of fruit juice

### Milk Group

Need 2 - 3\* servings

\*4 if pregnant

Use 1/3 c. non-fat dry milk mixed with 1 c. tap water

Use evaporated milk (can use skim). (Use whole can same day as opened.)

Small carton (8 oz.) of yogurt (eat in one sitting.)

Cheese that can be eaten immediately in one sitting.  
example: string cheese

Single servings of pudding

### Protein Group

Need 2 - 3\* servings

\*3 if pregnant

Use canned tuna, chicken

Cooked ham

Peanut butter or nuts

Canned or cooked beans (example: kidney, black or pinto) Canned beef stew, dry bean soup mixes - add water

**Fats, Oils, Sweets** - Eat Sparingly

## What is one serving from each food group?

### Bread, Cereal Group

- 1 slice of bread
- 1/2 cup cooked cereal
- 3/4 cup cold cereal
- 1 tortilla
- 1/2 hamburger or hot dog bun
- 3 to 4 crackers

### Vegetables Group

- 1/2 cup raw or canned vegetable
- 3/4 cup vegetable juice

### Fruit Group

- 3/4 cup fruit juice
- 1/2 cup chopped or canned fruit
- 1/4 cup dried fruit
- 1 regular sized piece of fresh fruit

### Milk Group

- 1 cup (8 oz.) milk or yogurt
- 1 1/2 oz. cheese

### Protein Group

- 1/2 c. tuna or canned meat
- 3 oz. meat (about the size of a deck of cards)
- 6 tablespoons peanut butter
- 1 c. nuts

### Mothers' Special Note:

*Question:*

Should I use powder, concentrate, or ready-to-feed formula for my baby?

*Answer:*

If you don't have refrigeration, use powder formula. Ready-to-serve and concentrate formulas must be refrigerated after opening. To use powder formula, mix 1 scoop with 2 oz. of water. Throw away any formula left in bottle once the baby is done.

